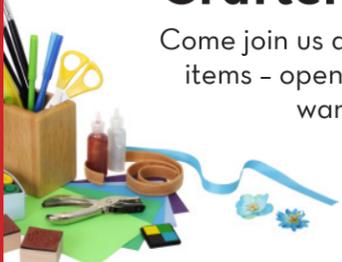


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW! 8:00-9:00 am Walk to It		NEW! 8:00-9:00 am Walk to It	8:30-9:00 am Summit Striders	
8:30-9:00 am Summit Striders	8:15-8:45 am Moving Water	8:30-9:00 am Summit Striders	8:15-8:45 am Moving Water	9:00-9:45 am Splash Fitness	
9:00-9:45 am Splash Fitness	8:30-9:00 am Summit Striders	9:00-9:45 am Splash Fitness	8:30-9:00 am Summit Striders	9:30-10:00 am Energy	
9:30-10:00 am Energy	9:00-9:55 am Line Dancing	9:30-10:00 am Line Dancing Practice	9:00-9:55 am Line Dancing	10:00-10:45 am Lift and C.L.I.M.B.	
10:00-10:45 am Lift and C.L.I.M.B.	10:00-10:30 am Strength and Balance	10:00-10:45 am Lift and C.L.I.M.B.	10:00-10:30 am Strength & Balance II	NEW! 11:30 am-12:30 pm Rock Steady Boxing (Closed Class - Parkinson's only.)	
1:30-2:00 pm SHAPE Up		1:30-2:00 pm SHAPE Up	10:30-11:00 am Strength & Balance I	1:30-2:00 pm SHAPE Up	
2:00-2:45 pm PWR!Moves	NEW! 1:00-2:00 pm Rock Steady Boxing (Closed Class - Parkinson's only.)				
	2:30-3:00 pm WAVES		2:30-3:00 pm WAVES		
			3:00-4:00 pm Crafters' Circle		



Crafters Circle

Come join us and make some fun items - open to all skill levels - if you want to learn a craft come on down if you know a craft come and share your skills and join us for some fun conversation.

Wellness at The Retreat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-10:30 am ROM	10:30-11:00 am Balance 101 in the Wellness Center	10:00-10:30 am ROM	10:30-11:00 am Balance 101 in the Wellness Center	10:00-10:30 am ROM	11:00-11:30 am Sway
10:30-11:00 am Move and Groove in Reflections	11:00-11:30 am FIT & FUN	10:30-11:00 am Move and Groove in Reflections	11:00-11:30 am FIT & FUN	10:30-11:00 am Move and Groove in Reflections	
11:00 am-11:30 pm Strength and Stretch	11:30 am-12:00 pm Walk and Talk	11:00 am-11:30 pm Strength and Stretch	11:30 am-12:00 pm Walk and Talk	11:00 am-11:30 pm Strength and Stretch	
2:00-2:30 pm PWR Moves	1:30 pm-2:00 pm WAVES		1:30 pm-2:00 pm WAVES		

DECEMBER EVENTS



December 13
 Walk and Lunch through Converse Heights! Lunch at the Converse Deli.



THE REINDEER GAMES

December 21
 Join us for our Christmas themed **Reindeer Games** workout!

CLASS DESCRIPTIONS

Do you want to get back into your workout schedule, need some improvement? Stop by the Wellness office and let us help you get your program started.

Chair Dance: Move to the beat for this fun cardio workout.

Chair Volleyball: Like traditional Volleyball but one part of your body (bum) stays in the chair the entire time. Come have some fun with us!

Energy: A moderate cardiovascular class with strength-training moves.

Forever Young: We alternate working the heart and the muscles to keep you strong and moving.

Jeopardy: Trivia class based on the popular TV trivia show "Jeopardy!" - a great way to engage your mind and have a fun time!

Lift and C.L.I.M.B.: Work the upper and lower body for a great total body workout.

Move and Groove: This is a class for everyone, we will move all our joints within their range of motion these exercises are done to preserve flexibility and mobility of the joints.

Moving Water: A mild cardio class incorporating range of movement exercises, with strength and flexibility exercises.

PWR!Moves: A Parkinson's specific exercise program focusing on large fast functional movement.

Rock Steady Boxing: A Parkinson's specific workout based on forced intensity.

Scrabble: A word game in which players score points by placing tiles, each bearing a single letter, onto a game board. The tiles must form words which, in crossword fashion, flow left to right in rows or downwards in columns.

SHAPE (Seniors Having Active and Purposeful Exercise) Up: Strengthening lower body and upper body with a little cardio.

Sit and Be Fit: This class is a combination of upper and lower body functional exercises to improve ADLs (activities of daily living).

Splash Fitness: Cardio class designed to build endurance, incorporating strength and balance work.

Strength and Balance: This class focuses on improving your balance while strengthening the core and legs. (Level 1 -works on the basics of balance for those new to balance work.)

Summit Striders: A fun walking group and a great cardiovascular exercise.

WAVES: Our award winning aquatics class designed to soothe anxiety improve appetite and strengthen the bond between members and their caregivers.

Yoga: Presents an introduction to basic yoga poses. Focus will be on stretching and coordination to movement. Suitable for people new to yoga and adaptable to chair.

MOVE OF THE MONTH!

Training Your Brain



Anyone with a brain exercises these days, but did you know exercise can return the favor and train your brain? Not only is exercise smart for your heart and weight, but it can make you smarter and better at what you do. It keeps the brain fit.

Even mild activity like a leisurely walk can help keep your brain fit and active, fending off memory loss and keeping skills like vocabulary retrieval strong. In a 2011 study published in the Archives of Internal Medicine, Canadian researchers analyzed the energy expenditure and cognitive functioning of elderly adults over the course of two to five years. Most of their activities revolved around short walks, cooking, gardening, and cleaning. Still, compared with their sedentary peers, the most active participants scored significantly better on tests of cognitive function, and they showed the least amount of cognitive decline.

It may keep Alzheimer's at bay.

The Alzheimer's Research Center touts exercise as one of the best weapons against the disease. Exercise appears to protect the hippocampus, which governs memory and spatial navigation, and is one of the first brain regions to succumb to Alzheimer's-related damage. A recent study published in the Archives of Neurology suggests that a daily walk or jog could lower the risk of Alzheimer's—or blunt its impact once it has begun. In 2000, Dutch researchers found that inactive men who were genetically prone to Alzheimer's were four times more likely to develop the disease over those who carried the trait but worked out regularly. Even mild activity like a leisurely walk can help keep your brain fit and active, fending off memory loss and keeping skills like vocabulary retrieval strong.



Exercise Benefits for Seniors

- Increase mental capacity
- Increase life expectancy
- Improve quality of life
- Increase balance
- Prevent disease
- Improve healing

DECEMBER 2018 WELLNESS SCHEDULE

